

The Sahasrara Chakra



DAY 15 of 21 Days of Meditation

Sahasrara Knowledge

Position in Head



In Hands



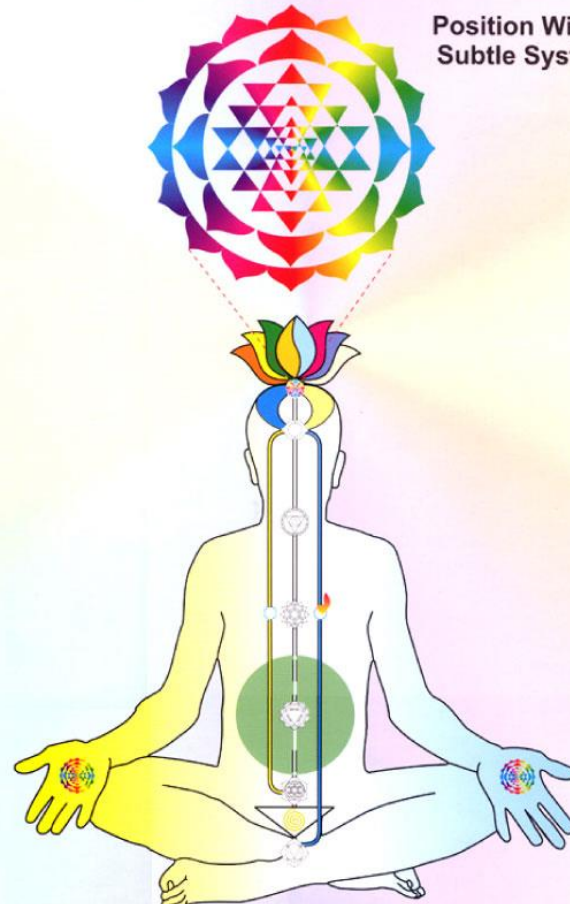
In Feet



Gross Expression in Vertebral Column



Position Within Subtle System



7th CHAKRA integration
SAHASTRARA

- Located at the crown of the head



Sahasrara Knowledge



Characteristics

- 1000 Petals
- Element: **Integration** of all other chakras
- Color: **Rainbow** (all colors)
- Physical expression: **Limbic area** of brain
- Planet: **Pluto**
- Place on hand: **Center of palm**



Sahasrara Qualities

- **Collective** consciousness
- **Integration**
- **Silence**
- **Doubtless** awareness



Sahasrara How to Balance

The Sahasrara chakra

- Use one of the following **affirmations** “Mother, please strengthen my self realization”,
- Give **vibrations** to the crown of your head by massaging your scalp clockwise.

